



Mustang Relays 2010 - Meet Information

Mira Costa High School - Saturday, March 27, 2010

Four Divisions:

- Boy's Varsity & Girl's Varsity
- Boy's Frosh/Soph & Girl's Frosh/Soph

Timing: "F.A.T." - Lynx Fully Automatic Timing

Track: 9 Lane All-Weather Track (3/16" spikes)

Cost: \$350 Per School (\$175 if Boys or Girls only)
Fees due March 12, 2010

Events:

- Relays: 400, 800, 1600, 3200, 6400, Distance Medley
- Field: Shot Put, Discus, High Jump, Long Jump, Triple Jump, Pole Vault (all divisions)
- Hurdles: Open Girls 100 Meters, Open Boys 110 Meters, Open 300 Meter Hurdles (all divisions)
- Boys & Girls Varsity Invitational 1600M Run
- Boys & Girls Varsity Invitational 100M Run
- And the Coaches 4 x 100 Relay!

Entries: 1 relay team per school – per division
3 field entries – per division (pole vault 2)

Awards: Medals to top three in all relays
Medals to top five in all field events, hurdles, 100M and 1600M

Start Time: 9:30 AM

- This invitational will feature no more than 18 schools with track programs that are competitive.
- The first 18 schools to reply will have priority.
- Contracts and more information will follow after your response.

If you have any questions please call

Steve Singiser

Mira Costa High School Athletic Office

Phone: 310-318-7337, x5182

ssingiser@mbusd.org

Mira Costa High School, 701 South Peck Road, Manhattan Beach, CA 90266